

Forgotten Cookies II



Gluten Free



Dairy Free



Low Fod Map

READY IN



350 min.

SERVINGS



36

CALORIES



44 kcal

DESSERT

Ingredients

- ☐ 2 egg whites
- ☐ 1 pinch salt
- ☐ 1 cup semi chocolate chips
- ☐ 1 teaspoon vanilla extract
- ☐ 0.7 cup sugar white

Equipment

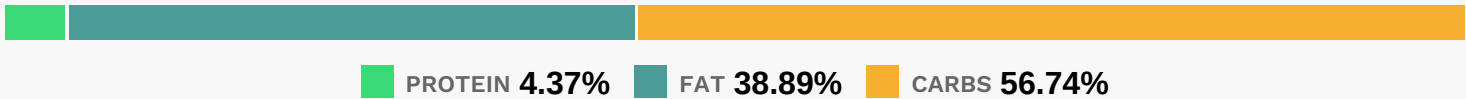
- ☐ baking sheet
- ☐ baking paper

- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line cookie sheets with parchment paper or aluminum foil.
- ☐ In a large glass or metal mixing bowl, beat egg whites and salt until foamy. Gradually add sugar, continuing to beat until whites form stiff peaks. Fold in the vanilla and chocolate chips.
- ☐ Add peanuts if desired. Spoon onto the prepared cookie sheets.
- ☐ Place the cookies into the preheated oven, shut the door and turn off the oven immediately.
- ☐ Let cookies sit in the turned off oven for 5 to 6 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:1.95, Glycemic Load:2.59, Inflammation Score:-1, Nutrition Score:0.81173913342797%

Nutrients (% of daily need)

Calories: 44.4kcal (2.22%), Fat: 1.93g (2.97%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 6.34g (2.11%), Net Carbohydrates: 5.94g (2.16%), Sugar: 5.56g (6.18%), Cholesterol: 0.3mg (0.1%), Sodium: 4.39mg (0.19%), Alcohol: 0.04g (100%), Alcohol %: 0.46% (100%), Caffeine: 4.3mg (1.43%), Protein: 0.49g (0.98%), Manganese: 0.07mg (3.34%), Copper: 0.06mg (3.16%), Magnesium: 9mg (2.25%), Iron: 0.32mg (1.77%), Fiber: 0.4g (1.6%), Phosphorus: 13.26mg (1.33%), Selenium: 0.78µg (1.11%)